

## Claims

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1. Use of the *cis*-9,*trans*-11 isomer of conjugated linoleic acid (CLA) for making a medicament for fighting inflammatory diseases.  
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2. Use according to claim 1, **characterised in** that said medicament acts against the hypersensitivity of the bronchia.
- 10 3. Use according to claim 1, **characterised in** that said medicament acts against respiratory diseases, particularly against asthma.
4. Use according to claim 1, **characterised in** that said medicament acts against rheumatic diseases, particularly rheumatic arthritis.  
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5. Use of the *cis*-9,*trans*-11 isomer of conjugated linoleic acid for the inhibition of the proliferation of human or animal cells, particularly cells of the immune systems involved in immune response.
- 20 6. Use of the *cis*-9,*trans*-11 isomer of conjugated linoleic acid for the support of apoptosis of eosinophilic granulocytes.
7. Use of the *cis*-9,*trans*-11 isomer of conjugated linoleic acid for the inhibition of specific cytokine expression.  
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8. Use according to at least one of claims 1 to 7, **characterised in** that a technical grade CLA is used, comprising said *cis*-9,*trans*-11 isomer in amounts of at least 30 % b.w. – calculated on the total CLA content.
- 30 9. Use according to at least one of claims 1 to 8, **characterised in** that a technical grade CLA is used whose acyl moiety comprises at most 30 % b.w. *trans*-10,*cis*-12 isomers and in total less than 1 % b.w. 8,10-, 11,13 and *trans,trans* isomers – calculated on the total CLA content.
- 35 10. Use according to at least one of claims 1 to 9, **characterised in** that said CLA or, as an alternative, said medicament is applied sub-cutaneously, intramuscularly, per inhalation, *per infusionem*, topically or orally.

11. Use of the *cis*-9,*trans*-11 isomer of conjugated linoleic acids as a nutrition, functional food or dietary supplement agent.
12. Use according to at least one of claims 1 to 11, **characterised in** that said CLA is applied  
5 in amounts of from 0.05 to 5 g/day.